

Fairfax County School Health Promotion November Tips of the Week for Middle School

Strive to Eat 5 Fruits and Vegetables Every Day!



Start each tip with this dialogue: "This is your Healthy Tip of the Week!"

Week 1:

Did you know there are over 1,000 different kinds of apples? Think about trying a new one this week. Consider adding peanut butter or yogurt as a dip for an afterschool snack. An apple is an easy way to strive for 5 fruits and veggies every day.

Tune in next week for another Healthy Eating Tip.

Week 2:

Did you know the tomato is actually a fruit, but a ruling by the Supreme Court in 1893 made the tomato a vegetable? Either way, they make great toppings on pizza or pasta. Try a tomato as you strive for 5 fruits and veggies every day.

Tune in next week for another Healthy Eating Tip.

Week 3:

Celery is a fantastic vegetable for athletes as it quickly replaces lost nutrients and sodium. Try it with cream cheese or try it with hummus for an easy snack. Just three celery stalks is a serving and will get you closer to eating 5 fruits and veggies every day.

Tune in next week for another Healthy Eating Tip.

Week 4:

Sweet potatoes can strengthen the immune system and fight against illnesses and diseases. Help your family find a healthy sweet potato recipe and start a new Thanksgiving tradition. Sweet potatoes are just one way you can strive for 5 fruits and veggies every day.

Tune in next week for another Healthy Eating Tip.



A Fairfax County, Va., publication.
October 2015. If you would like this
information in another format please call
703-246-2411, TTY 711.

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This can be added to any of the four weeks Tip of the Week:

Did you know the average person eats a whopping 4,500 calories on Thanksgiving? To burn it off, it would take someone weighting 155 pounds, 5.5 hours of running!



Rev 10/27/15

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